

Idaho Fit Kids = Happy Kids



How can I help my child have a healthy weight?

- Be active by playing together inside and outside.
- Make family meals a special time to eat together
- Eat most meals at home and eat fewer fast food meals.
- Enjoy tasty fruits and vegetables together.
- Drink milk with meals and drink water with snacks
- Take the TV out of the bedroom and read together.

Give your child the precious gift of good health every day!

Original developed by Montana Chapter of the American Academy of Pediatrics



This publication is a joint effort between Central District Health Department (CDHD) and ANSER Charter School, located in Boise, Idaho. ANSER is an award-winning public charter school with a whole child approach to education and where the building of “community” within each classroom and the school itself is a shared vision.

In 2008, the upper grades (fifth and sixth) at Anser engaged in The Human Body Expedition titled “You Are What You Eat”, an integrated experience including two major investigations; the body systems and healthy choices. The purpose of the study was to foster inquiry into the complex network of body systems and the environmental factors that affect the intricate balance of those systems. As a service to the community, while providing purpose for learning, students studied and formulated four final products including persuasive essays addressing healthy choices, daily menus aligned with the food pyramid and energy needs, exercise plans that emphasize daily fitness, and advertisements to convince the public to make healthy choices.

As increasing numbers of children and youth in Idaho are identified as being overweight or obese, CDHD joins national experts in considering obesity a critical public health threat. With more youth entering adulthood overweight or obese, the danger of serious weight-related diseases, such as: heart disease, diabetes, cancer, asthma, substance abuse and depression, increases substantially. Helping young people learn and practice healthy lifestyles is an important start to reduce future chronic diseases.

In FY2008, the CDHD Board of Directors approved special funding to work toward the prevention of childhood obesity through improvement of better nutrition and increased daily activity. This publication ties together the student products and information gathered by a CDHD Nutritionist/Registered Dietitian. CDHD is a community site for a national organization named We Can! “Ways to Enhance Children’s Activity and Nutrition”, and a local partner in a statewide public health campaign headed by Idaho Department of Health and Welfare (IDHW) to improve *Idaho Physical Activity and Nutrition*. You will notice materials from those campaigns, information provided by the Idaho Dairy Council and the Idaho Beef Council, as well as national government resources on Dietary Guidelines for Americans and My Pyramid. For more web resources: <http://cdhd.idaho.gov> then to community health/education/obesity prevention. This resource can be printed from the website.



Dietary Guidelines for Americans

In 2005 the U.S. Department of Agriculture and the U.S. Department of Health and Human Services released the sixth edition of the Dietary Guidelines for Americans. The new dietary guidelines pinpoint three basic messages to improve health and well-being:

1. **Make smart choices from every food group.**
 - Choose a variety of fruits and vegetables every day.
 - Make at least half your grains whole grains.
 - Select and prepare meat, poultry, beans, and milk products that are lean, low fat, or fat free.
2. **Find your balance between food and physical activity.**
 - Engage in at least 60 minutes of moderate to vigorous activity on most days of the week, while not exceeding caloric intake requirements.
3. **Get the most nutrition out of your calories.**
 - Choose and prepare foods and beverages with little added sugars or caloric sweeteners.
 - Keep total fat intake between 20 and 35 percent of calories, with most fat coming from sources of polyunsaturated and monounsaturated fat such as fish, nuts, and vegetable oils. For children ages 4 to 18 years, the recommended range is 25 to 35 percent.
 - Consume less than 10 percent of calories from saturated fat and keep trans fatty acid consumption as low as possible.

www.healthierus.gov/dietaryguidelines

We Can! encourages youth to:

- Choose a sufficient amount of a variety of fruits and vegetables per day.
- Decrease consumption of high-fat foods and energy-dense foods that are low in nutrient value.
- Enjoy small portions at home and at restaurants.

- Substitute water, fat-free milk, or low-fat milk for sweetened beverages.
- Engage in at least 60 minutes of moderate physical activity on most—preferably all—days of the week.
- Reduce sedentary activity by limiting screen time to no more than 2 hours per day.

<http://wecan.nhlbi.nih.gov>

Don't Be Fooled Written by: Marcus

Have you ever really wanted something just because it looked *so* cool on the advertisement? Or when they say you will get a toy but then you turn the box around and it states that you need to send in 5 "tokens". Well, I have. That's how some companies hook you in so the brand can make more money. That's all *they* care about. I agree that places have to exaggerate to sell their product, but they should not give any false information.

Advertisers often use "prizes or toys" to reel young people in to purchase their product. These bonuses that kids gain causes them to want only that merchandise while possibly ignoring other healthier choices. Then you turn the box around and it says, "You need to send in 5 Tony the Tiger tokens to have this item." That's just one strategy many companies use to reel customers in.

Have you ever been to a restaurant and seen a picture of a hamburger that looked *so* good, like a cold glass of lemonade on a hot summer day? Companies want their product to look good, but they don't always care "how" they make it. Surprisingly these are the ingredients most companies use to make their "perfect" burger advertisement: ground beef, vegetable oil, brown food coloring, hamburger buns, lettuce, tomatoes, paper towels, super glue, tweezers, paint brush, waterproof spray, glycerin and water. Would you want to eat this for lunch or dinner? I wouldn't.

Advertising can help you to make the right decision and it can also cause you to make bad decisions. Be careful and think about what you are buying. Now that you know products can be presented and made in *any* way, you should probably pay more attention to the product than the advertisement. Is the product something you really want, or is it the advertising method that is making the sale?

It Is Time To Eat Healthy! By Jake

Have you been having trouble eating healthy? Then you need this menu. This menu will have your daily allowance of grains, fruits, vegetables, dairy, and meats. Enjoy!

Breakfast:

- 1 cup granola cereal with walnuts
- 1 cup milk low fat or nonfat milk [to drink and for cereal]
- 1 whole pear, sliced

Lunch:

- 1 ham sandwich
- 3 thin slice of ham
- 2 leafy pieces of lettuce
- ½ cup shredded cheese
- Optional mustard of choice and/or low-fat mayonnaise
- 2 pieces of whole wheat bread
- 1 cup water
- 1 cup bananas

Dinner: Hobo Dinner

- 1 medium sized hamburger patty
- 2 slices onion
- 2 cut up potatoes, sliced

Snacks:

- 1 medium sized apple
- 1 hard boiled egg
- 2 tablespoons peanut butter on whole wheat bread or crackers
- 1 orange

- 1/3 cup shredded cheese
- Add sliced vegetables as desired
- 1 teaspoon of red wine and /or seasonings



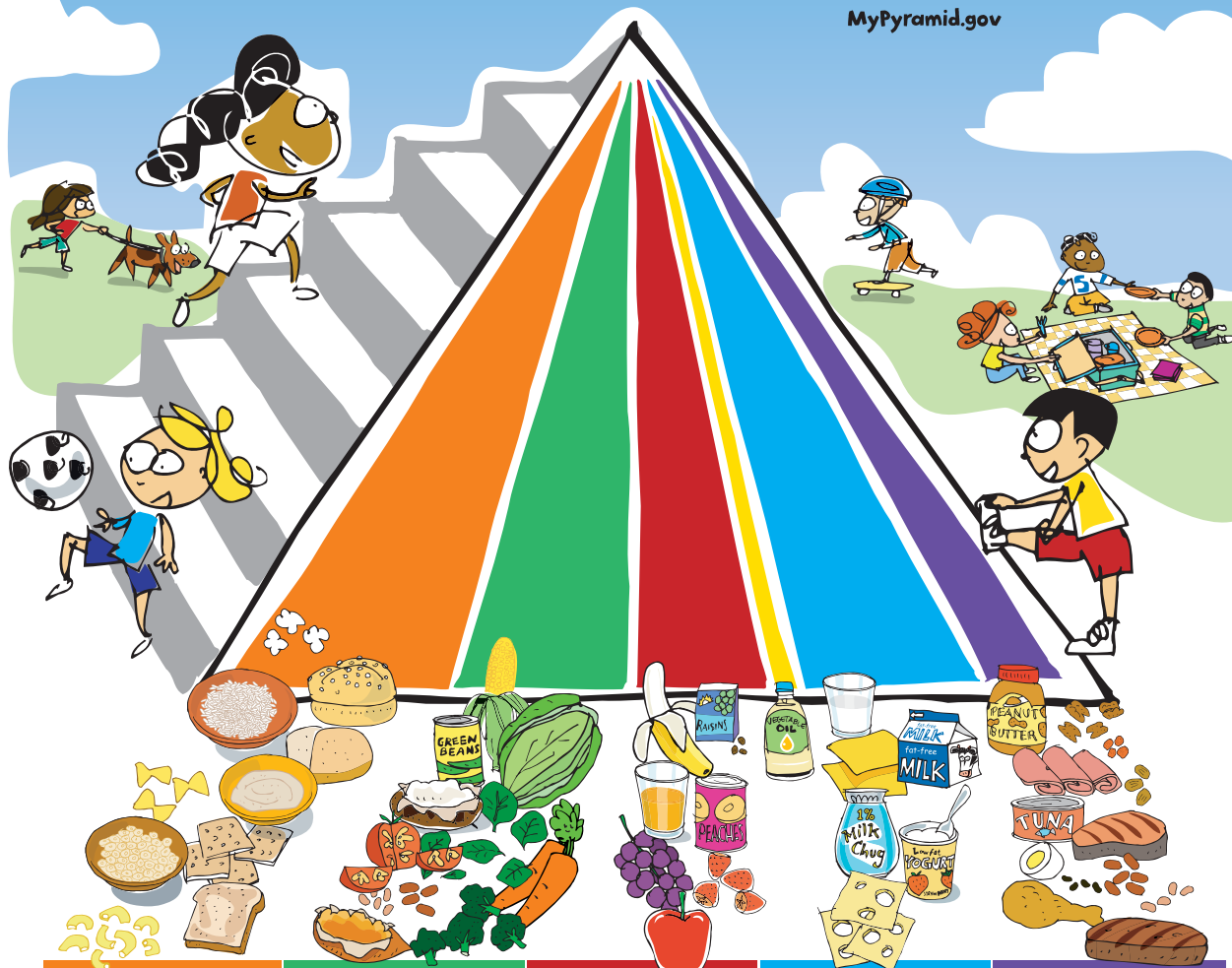
Take onion and potatoes; put it on top of the hamburger patty. Then put the cheese on top of that. [If you're going to put wine on, put it on now carefully by pouring it over on mainly the meat.] Wrap it all in tinfoil and put on the grill with the heat on medium. Cook it 10-15 minutes before you flip it over then you cook it for 10-15 minutes more. Drink 1 cup low fat or nonfat milk.

MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!



Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



FOR KIDS



Make Half Your Grains Whole

Test Meals

By Grady

Start your test day with a really good breakfast of two scrambled eggs, a piece of whole wheat toast, a cup of blueberries and a cup of milk. Then, when you do your test you will have the right amount of protein and other stuff to do your test well. Then, for lunch a turkey sandwich on whole wheat bread and lettuce and mayonnaise and cheese. Then, finish your lunch with an apple and a cup of yogurt. After school have a healthy snack of a cup of banana chips with a slice of whole wheat toast. Then, finish your test day with beef stew and whole grain rolls and finally dessert of strawberries with small scoop light vanilla ice cream.

Breakfast:

- 2 scrambled eggs or fried, use non-stick spray
- 1 piece of **whole wheat bread toast** with butter (half a teaspoon)
- 1 cup of blueberries
- 1 cup of low fat or nonfat milk

Lunch:

A turkey sandwich on whole wheat bread and leaf lettuce, two slices of cheese, a tablespoon of light mayonnaise, a glass of water, an apple and a cup of low fat yogurt.

Dinner:

Beef stew and **whole grain rolls** with 1 cup of low fat or nonfat milk. Dessert: 1 cup strawberries with small scoop vanilla ice cream.

Beef Stew ingredients:

- 4 teaspoons of olive oil
- 1 shallot finely chopped
- 1 tablespoon of finely chopped carrot
- 1 tablespoon of finely chopped celery
- 1 pound of beef round cut into 1 inch cubes
- 1 cup of chopped canned plum tomatoes with juice
- ½ cup dry red wine or increase water ½ cup
- 1 teaspoon of dried thyme
- 1 bay leaf
- ½ teaspoon of salt and freshly ground pepper
- 8 frozen pearl onions
- 2 carrots peeled and cut into 1-inch cubes
- 4 potatoes peeled and cut into 1-inch cubes
- 1 cup of lukewarm water
- 1 cup of frozen peas
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 tablespoon of finely chopped fresh oregano or marjoram

Crock-pot:

Sauté the finely chopped vegetables and beef in a large nonstick skillet. Transfer mixture to a 5-6 quart crock-pot and add remaining ingredients, except the parsley and oregano. Cover and cook until the beef and vegetables are tender, 4-5 hours on high or 8-10 hours on low. Stir in herbs just before serving.

Snacks:

One cup of banana chips and a slice of **whole wheat toast** with 1 teaspoon peanut butter.

Make Half Your Grains Whole

Mouthwatering Food That's Good For You!

By John

These are healthy foods that may sound like treats, but they are actually good for you. You will love these foods and they're healthy for you. Let's dig in!

Breakfast:

- **oatmeal** with 1 cup of 1% milk poured in
- 2 pieces of **whole wheat toast** with butter or 1 poppy seed bagel with butter
- 1 banana

Lunch:

Sandwich

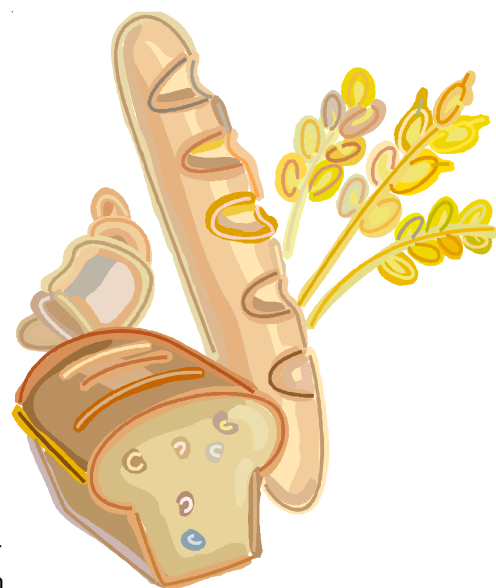
- **whole wheat bread** with 3 oz turkey and 1 slice of Swiss cheese
- 6 baby carrot sticks
- 1 pear
- 1 **oatmeal** chocolate chip cookie
- 8oz of 1% milk

Dinner:

6 oz **whole grain** pasta with tomato sauce and parmesan cheese
6 baby carrot sticks
2 glasses of 1% milk

Ingredients for sauce

- 1 can of whole tomatoes
- 2 tbsp. tomato paste
- ¼ tsp. of oregano
- ¼ tsp. basil
- 1 bay leaf (remove before eating)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 tsp. chopped onion
- 1 tsp. olive oil
- 4 oz of red wine (optional)



How to make pasta with tomato sauce:

1. Put whole tomatoes in blender and liquefy
2. Pour blended tomatoes in sauce pan
3. Add tomato paste, oregano, basil, bay leaf, salt, and pepper
4. Place sauce pan on low heat. Cover.
5. Pour olive oil in frying pan: heat on low temperature
6. Put chopped onion in frying pan. Sauté in olive oil for 3 minutes. Add red wine, sauté for 5 minutes
7. Empty contents of frying pan into sauce pan. Heat sauce on low for 30 minutes.
8. In a large pasta pot, boil 3 quarts of water with a dash of salt. When water boils, add 1 lb. of pasta. Cook pasta for the amount of time stated on the box.
9. Drain pasta in colander.
10. Place drained pasta on plate. Cover with sauce and sprinkle with parmesan cheese.

Snacks:

- 1 pear
- 1 bowl of **popcorn**
- 1 handful of mixed nuts

Vary Your Veggies

Act 1 Act 2: A Menu by Aaron

Ever tired of breakfast, lunch, and dinner? Well here are many different ways to customize each meal. All together there should be 2,000 to 2,100 calories in each day. Each meal lists food groups from the food pyramid. Remember that you can cook it and eat a portion by yourself or make servings for your family.

Breakfast: Cowboy Egg

Food Groups: Meats and beans, grains, oils, dairy, fruit

You will need:

- 1 egg
- 2 pieces whole wheat or sourdough bread
- 1 teaspoon butter (use frying pan with nonstick interior)

What you will do:

1. Take the pan and put it on the burner and warm it up
2. Lightly butter bread, and cut out a 2 inch by 4 inch piece from one of the slices of bread
3. Put the bread on the pan, crack the egg and put the insides in the hole of the piece of bread
4. Cook until golden brown, flip and cook until other side is golden brown. Enjoy your Cowboy Egg!

To make a complete breakfast add: 1 cup low fat or nonfat milk, sliced oranges or bananas.

Lunch: Roast Beef Sandwich

Food Groups: Meats and beans, grain, vegetable, oils, dairy, fruit

You will need:

- 3 slices of deli roast beef
- 2 slices of bread
- 1 slice tomato and leaf lettuce**
- Also 1 tablespoon mayonnaise



What you will do:

1. You spread the mayonnaise on one slice of bread
2. Then you put roast beef on the other slice
3. After that you put lettuce and sliced tomato on the side with mayonnaise.
4. Put the pieces together to make the final product and Bon Appetite! (No adult supervision needed)

To make the meal complete you can add 1 serving dairy and 1 serving fruit.

Dinner: Bowtie Pasta and Steak

Food Groups: Grains, dairy, meat and beans, fruit, vegetable, oils

You will need:

- 1 16oz package Bowtie Pasta
- ½ cup evaporated fat-free milk
- ½ cup grated parmesan cheese
- ¼ cup chopped green pepper**
- ¼ cup sliced mushrooms**
- 2 Tablespoons lemon juice

What you will do:

1. Bring a pot of water to boil
2. Cook pasta according to package directions
3. Drain pasta in strainer
4. Put pasta back in pot
5. Add ingredients one at a time, stir with each addition
6. Serve with salt and pepper to taste

Cook your favorite steak on the barbeque (adult supervision needed)

To make a complete dinner you can add bread, **salad, sliced apples**



Dessert: You can choose low-fat yogurt or a parfait of some fruit with yogurt topping. *Enjoy!*

Vary Your Veggies

TUTTI FRUITY MENU Bon appetite! Mackenzie

This menu has a bunch of cool recipes from my favorite cook books. They do include extra fat and sugar, and taste great on a rainy day! You can look for lower calorie versions in other cookbooks.

Breakfast (Please ask for adult assistance as needed.)

Toulouse les Crepes (this recipe is in a book called The Disney Bakery)

Makes about 16 crepes. Serves 4.

- 1 cup low fat or nonfat cold milk
- 2 eggs
- 1 tablespoon sugar
- 3/4 cup all purpose flour
- 3 tablespoons melted butter

In the following order - put milk, eggs, sugar, flour and melted butter into blender jar. Cover and blend on high speed for 1 minute, scrape down sides of jar, cover and blend 2-3 seconds more. Cover and refrigerate for at least 2 hours. Lightly grease pan and set over med-high heat until quite hot. Hold handle of pan in one hand while you ladle 3 tablespoons batter into pan. Quickly tilt pan around so batter covers the entire bottom in a thin film. Put pan back on heat and cook for about 1-2 minutes. When the underside is golden, turn with a spatula and cook other side for about 30 seconds. The second side will be less cooked than the first side. Eat and enjoy!

To complete breakfast, thinly slice apples over crepes with 1 Tbsp. Brown sugar. Drink 1 cup low fat or nonfat milk.

Lunch

1 cheddar cheese quesadilla

- 2 corn tortillas and 2 oz shredded cheddar cheese

Put burner on stove to medium heat, and spray frying pan w/cooking spray, and put down a tortilla, cheese, and then the other tortilla. Let cook for 5 minutes, then flip, and let other side cook for 5 minutes. When cheese is melted, put on plate and serve with chunky salsa containing **tomatoes, onions, green peppers**, etc!

- 1/2 cup of Orange juice with 1/4 cup of diet Sprite or 7-up
- 1/2 of a **cucumber** sliced. Pour 2 Tbsp balsamic vinegar over cucumber in small dish.

Dinner

Crème de la Crème a la Madame Bonfamille (This recipe is in a book called The Disney Bakery)

Makes enough for 4

- 2 cups low fat or nonfat milk
- 1 teaspoon vanilla
- 2 teaspoons honey
- 2 teaspoons brown sugar

Heat all ingredients in a sauce pan over medium heat until warm, stirring occasionally. Pour into 4 saucers or cups.

Shrimp Orzo skillet (this recipe was found in The Pampered Chef 29 Minutes Till Dinner)

SHRIMP

- 8 oz large uncooked shrimp
- 1 Tbsp vegetable oil
- 1/4 tsp coarsely ground black pepper
- 1/8 tsp sugar
- 1/4 tsp salt

ORZO

- 8 oz orzo pasta
- 1 garlic clove, pressed
- 2 cups low sodium chicken broth
- **1 cup frozen peas**
- 1 cup clam juice
- 1 tsp butter

1. For shrimp, peel and de-vein shrimp. Add oil to skillet; heat over med-high, heat 1-3 minutes or until simmering. As skillet heats, combine salt, black pepper and sugar in small bowl; add shrimp and toss to coat.
2. Arrange shrimp in a single layer over bottom of skillet and cook about 1 minute or until one side is browned and edges are pink. Remove skillet from heat and turn shrimp over; let stand an additional 30 seconds or until centers are opaque and shrimp is cooked through. Remove shrimp from skillet, set aside.
3. For orzo, in same skillet, combine orzo, pressed garlic, broth and clam juice. Bring to a boil; cover and reduce heat to medium-low. Cook 10-12 minutes or until orzo is cooked through.
4. As orzo cooks, zest lemon to measure 1 tbsp zest; juice lemon to measure 1 tbsp juice. Thinly slice mint.
5. Remove skillet from heat and stir in peas, butter and lemon juice. Arrange shrimp over orzo; cover and let stand 3-5 minutes or until heated through. Sprinkle with lemon zest and mint before serving.

Snacks - Sunshine smoothie: Blend together

- 1/4 cup pineapple
- 1/2 banana
- 1/2 cup strawberries
- 1/4 cup low fat yogurt

Relish tray: **celery, carrot sticks, cauliflower, broccoli** with blended cottage cheese and spices, such as parsley, chives, **onion**.



Focus On Fruit

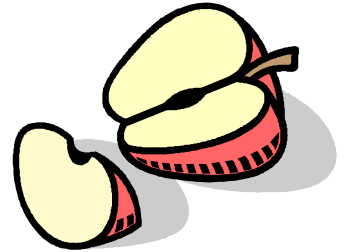
Healthy “Appletizers” - By Carter

Do you ever think you aren't getting good, healthy meals? Even if you do, why not try these recipes? They're delicious, healthy, contain enough calories, and homemade. So bon appétit! Carter

Breakfast: Egg Sandwich

- 1 egg (fried or poached)
- 1 slice of cheese
- 1 toasted English muffin or 2 slices of wheat bread
 1. Put the bread/English muffin in the toaster. Cut it first if it's an English muffin.
 2. Fry in non-fat spray or poach egg.
 3. Put the slice of cheese and egg on the English muffin/bread.
 4. Add top and Enjoy!

Drink: **1 cup of orange juice**



Lunch: Turkey Tom Sandwich

- Lettuce or sprouts
- 1 Tbsp of light cream cheese
- 2 oz sliced deli turkey
- **2 tbsp of whole berry cranberry sauce**
- bagel or croissant

Spread cranberry sauce and cream cheese on the bagel/croissant.

Add sliced deli turkey and lettuce or sprouts.

To complete the meal, add:

- 1 cup raw broccoli and carrots,
- 2 Tbsp low fat ranch dressing
- 1 cup low fat or non-fat milk

Dinner: Creamy Chicken Tortilla Soup Prep: 5 minutes; Cook: 10 minutes; 6 servings

- 2 cups tomato salsa
- 2 cans (14.5 ounces each) low sodium chicken broth
- 1 can (16 ounces) vegetarian refried beans
- 1/2 cup whole kernel corn
- 2 cups cooked chicken (such as shredded rotisserie chicken)
- baked tortilla chips
- shredded cheese - Monterey Jack or Mexican Blend
- non-fat sour cream
 1. Combine tomatoes and broth in medium saucepan.
 2. Stir in beans and corn.
 3. Bring to a boil; reduce heat to low and simmer 5 minutes, stirring frequently.
 4. Add chicken and heat through.
 5. Top with tortilla chips, cheese, and sour cream.
 6. Enjoy

Drink: 1 cup of water

Dessert: Sliced **banana** with lowfat chocolate pudding.



Snacks: Appletizer

- **1 apple**
- 1 tbsp of peanut butter or nonfat cream cheese
- **2 Tbsp raisins**
 1. Spread peanut butter/cream cheese in the middle of the plate.
 2. Cut the apple into 6-8 pieces and put one end of each cut apple into the peanut butter/cream cheese so it looks like petals of a flower.
 3. Spread some raisins in the middle and enjoy!

Drink: 1 cup low fat or non-fat milk

Focus On Fruit

Rockin Weekend and Super School - By Sarah

Fast easy food can still be healthy if you just put in a little effort. My menu kicks off the day with a super smoothie for breakfast then an awesome sandwich for lunch. And the day wraps up beautifully with my secret family recipe for orange ginger chicken. I include a semi junky though super delicious and still healthy dessert and an amazingly healthy apple, oat and yogurt mix for snack. With my menu at hand it could be a healthy super school day or a rockin weekend, whatever you choose it will be great! ENJOY

Breakfast: The Super Smoothie

- 1 cup frozen peaches
- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 whole banana
- 1 cup low fat milk
- 1/2 cup liquid egg product

Directions:

- #1 – blend milk, eggs, and banana in blender.
- #2 – add in the frozen fruit.
- #3 – blend till creamy.

ENJOY! – Makes 4 servings

Lunch: Roast Beef Sandwich

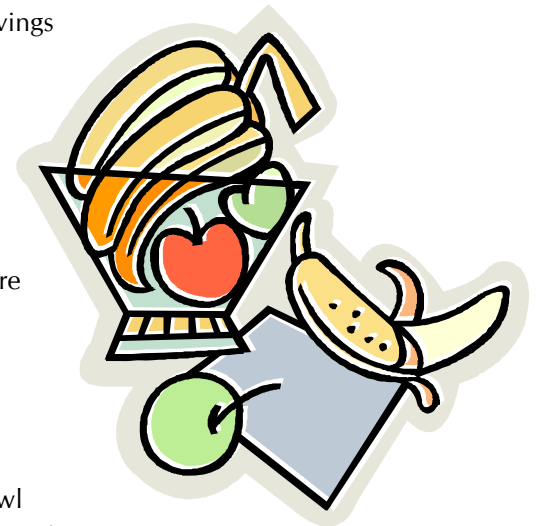
- 2 slices ciabatta bread
- 1 cup alfalfa sprouts, rinse and shake
- 1/2 cup thin sliced cucumber
- 3 tablespoons mustard
- 3 tablespoons mayonnaise
- 6 oz thin slices roast beef
- 3 slices provolone cheese

Directions:

Put together

ENJOY!

Makes 2 servings so share
1/2 with a friend



Snack: Oat Bowl

- 2 medium apples
- 1 cup raw oats
- 1 cup plain yogurt

Directions:

- #1 – cube apples
- #2 – place apples in bowl
- #3 – add oats and yogurt, mix.

Dinner: Orange Ginger Chicken

- 1/4 cup tamari (or low salt soy sauce)
- 1 whole orange
- 1/2 teaspoon ginger
- 2 tablespoons honey
- sprinkle of garlic
- 6 chicken breasts
- I hope you enjoy my secret family recipe!

Directions:

- #1 – squeeze orange
- #2 – mix orange juice with tamari, ginger, honey and garlic for your sauce.
- #3 – brown chicken
- #4 – lower temperature
- #5 – pour in sauce
- #6 – turn up temperature
- #7 – caramelize chicken.

ENJOY! – Makes 6 servings

Dessert: Chocolate Frosted Berries

- 2 whole chocolate graham crackers
- 1/2 cup vanilla frosting
- 1/3 cup frozen strawberries
- 1/3 cup frozen raspberries
- 1/3 cup frozen blueberries

Directions:

- #1 – spread frosting on graham crackers
- #2 – put berries on top.

ENJOY – Makes 1 serving

This day includes about 1,900 calories in all



I hope your school day is super and your weekend rocks!

Get Groovin' Without Movin'

By Mollie

In order to keep you healthy and in shape do the **FUNKY JUNKY!!!!!!** To help get in shape, you don't even have to leave your living room. Watch T.V. or listen to music while you get your groove on doing the Funky Junky.

The Funky Junky

Goal – to get you in shape for any time of the year

How long do I do the warm up?

Repetitions: 2-3 times
Length of time: 20-30 min. or how long you choose to do this exercise.

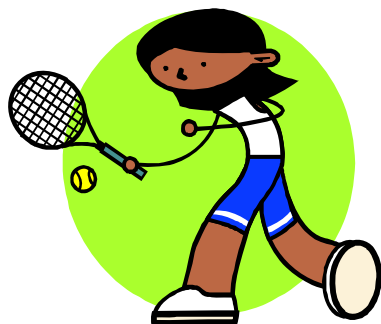


How do I do it?

1. While breathing in the nose and out your mouth move your knees up and down 12 times like you are marching in place. (You can do this while sitting or standing)
2. Then slow down until you are breathing slower.
3. When you are done stand up or sit down (depending on how you started) and take a deep breath.
4. Then when you are all done move around until you get your breath back and then you can stop moving.



Experts suggest that young people get at least 60 minutes of exercise each day!



If at any time you feel dizzy, slowly drop to your knees and gently lift up your torso. Think of other exercises you can do during commercials: climb stairs until the program returns or take a lap outside.

The Funky Junky

Activate Your Family!

Activate Your Family! Physical activity – it benefits you instantly, no matter what activity you choose. Moving muscles and making your heart beat faster can help you reduce stress, feel more energetic, look better, sleep better, and have greater concentration. Staying active over time helps your family maintain healthy weights, and protects them from developing heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones). And, there's more. Kids who are active often do better in school! Establishing an active lifestyle can help your family live longer, healthier lives.

How much activity do kids need?

Kids need at least 1 hour of moderate to vigorous activity every day. This can be spread out in bouts of 10-15 minutes throughout the day. Older children (age 12 and up) need more time in vigorous activities to keep fit – at least 20 minutes on 3 or more days a week – as part of their overall activity.

What is moderate activity?

Games, sports, and recreation that are equal in intensity to brisk walking:

hopscotch	dodge ball
playground play	bowling
walking	bike-riding

What is vigorous activity?

Games, sports, and recreation that are more intense than brisk walking...makes you sweat:

Running games (tag)	jogging
jumping rope	basketball
soccer	aerobic dancing

Parents are important role models!

Children with active families are more likely to stay active as adults. You don't need to join a gym to be active. Try these ways to enjoy physical activity together as a family:

- Play a game of yard tag or basketball after school.
 - Try to schedule 1 fun physical activity together on weekends.
 - Involve kids in household chores, instead of watching TV.
 - Limit TV time to less than 2 hours per day.
 - Enroll children in structured physical activities that meet 1-2 days per week.
- Many programs are offered free after school.



Your local community centers can help

Many community centers offer kids and families fun opportunities for sports and recreation, such as the YMCA, Boys and Girls Clubs, and others.

For more information:

Check out www.hsph.harvard.edu/nutritionsource/exercise.html

Find Your Balance Between Food and Physical Activity



Gaining Weight for Sports

By Gavin

This is your day - football tryouts. You think you made the team, but you didn't make it. You ask your coach why and he replies you weren't big enough. What do you do? Do you try to gain weight in a safe and healthy way? Or do you gain weight the dangerous way? The one I would pick would be the healthy way. Which one would you pick?

Many athletes gain weight for sports. Bulking up is usually done by high school or junior high school football players. Some football players eat a lot of bad food so they can hit harder, be powerful, aggressive, and make a weight category. Coaches and parents may add pressure to teens. Athletes gain weight for improving their performance in sports. Gaining weight may increase your energy and also your endurance levels. For example, you can run for a really long time.

Do teens want to gain weight by eating healthy things? I believe teens eat a lot of unhealthy food because they are distracted about things in life. This affects the body and may result in serious health problems. Eating unhealthy foods can give you extra body fat and cause obesity. You also don't live as long and it's harder to work for a long period of time. Being obese can lead to heart disease.

Here's how you would gain weight in a safe way. My suggestion would be to gain only 1 to 2 pounds each week. If you gain weight too fast, you can put on too much body fat. If stretch training helps you to gain muscle other than fat, then do it. Here is a tip for making healthy choices: Eating healthy provides you energy for the rest of the day. Some healthy snacks are yogurts and other dairy products, cheese and crackers, peanuts, and bagels. A normal teen should eat 2,000 to 3,000 calories per day, depending on daily activity.

Athletes have a choice. They can choose the healthy way of gaining weight or the dangerous way. In the long run, their decision either way will affect their performance. The key word is healthy.

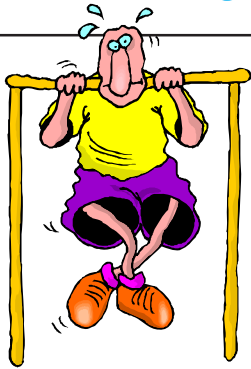
Find Your Balance Between Food and Physical Activity

CONSIDER THIS:

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

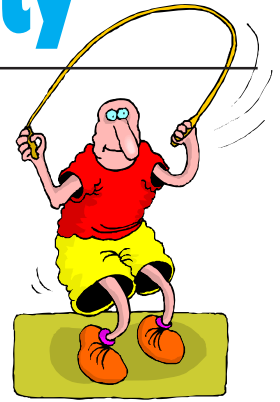


Find Your Balance Between Food and Physical Activity



Gaining Weight + Sports = Good?

By: Connor



Pretend that you are at a practice and you ask your coach, "Did I make the team this year?"

He replies, "No."

"Why?" you ask.

"You have no meat on your bones," he explains. "You need to gain 25 lbs. to be our center this year."

You reply "Okay."

Just by saying okay you can be putting yourself in great danger or a great position. This might be like gambling with yourself and you don't know if you've won or lost until it's over. Gaining weight for your sport is a serious issue and should be done properly.

Why do people gain weight for their sport? Gaining weight may improve the athlete's performance and endurance. The emphasis can be on winning and to look more intimidating, and your coach is asking a serious favor of you. You may be wondering at what age students start gaining weight for their sport. The answer is in junior high and high school. They are of the age where they are starting to get serious in their sport because they are already thinking of their life sport.

Although your coach is asking you to gain weight you may not want to say yes. If you say yes then you may be saying yes to poor health. To gain weight you might start to eat too much fatty food. If you don't work out with weights most of the food turns to fat. If you get too much body fat then it may lead to high cholesterol. On rare occasions, high cholesterol may lead to death.

Before you gain weight you should check with a medical professional to see if it is right for you. You should also keep in mind that you are a person and need the same nutrition as a regular person, but you just need to eat more of the healthy food. Even though you might be drinking protein shakes or eating on a healthy diet, you still would need to weight train.



What choice will you make when it comes to your sport? Will you go fast and gain fat or go slow and gain muscle? Personally I would go the slow and muscular way, because I know the effects. After reading this I hope that I have changed your perception of how to gain weight for your sport.

The Devil In Dieting

BY Emma

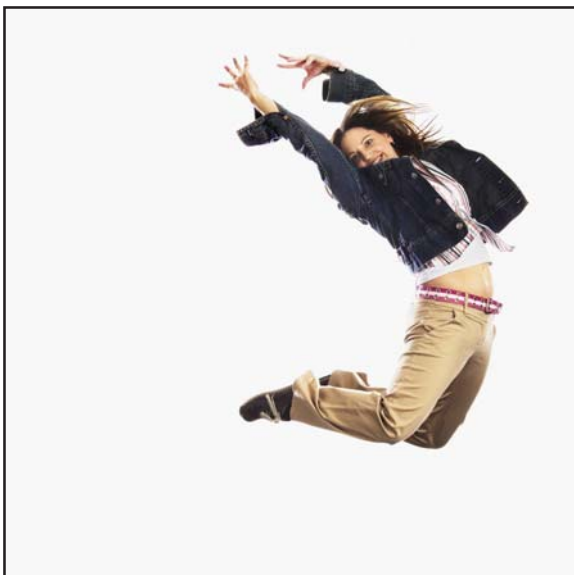
You and your mom are at the grocery store buying groceries. Searching through the magazines you look for the comics. Then something catches your eyes. In big bold letters a magazine says THE NEW LOOK. Under the words is a super skinny model. You have a choice. Would you rather want to go on a dangerous bad diet or a healthy one?

Going through diets is the new fad for many reasons. Friends say you need to look thinner. The media is always showing you the thinnest models they have. Your own mind can make you think you are not good enough. You might not know what healthy choices are. You have no support, nothing to stop you from going down the harsh road of dieting too much. Most experts say now a lot of teenage girls weigh 15 pounds over or under the right weight.

What happens when you go too far on the road of dieting too much? You can suffer health problems. It can start with anorexia or bulimia. Then you may find yourself depressed. Along the way you may not function right: hungry after eating lots, smoking, and tiredness. Finally, multiple organ failure can lead to death. I know everybody doesn't diet in the bad way, but it can happen. Experts say once you get to a certain weight it is hard to get thinner.

You can take the other road and turn around your life. Have a healthy diet with fresh fruits and veggies. Whole wheat is good for you. Lean meat is neat. Eat lots of fresh food. It's important to always include exercise. If you eat well but don't exercise you might stay the same weight. Just do both.

Which road will you take??? I would take the healthy road: no badness, no sickness, and a happy heart. You might not think you're dieting too much but it can happen. So what are you waiting for? Its a great day to start a good diet. [Log on to MyPyramid.gov](http://MyPyramid.gov)



Healthy & Active?

or



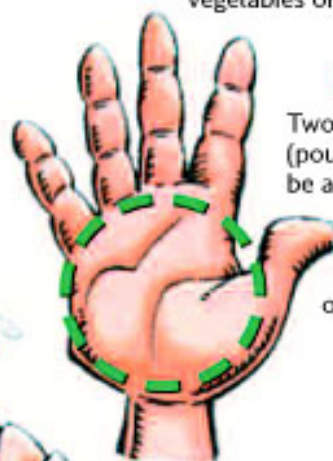
At Risk?

THE SECRET TO SERVING SIZE IS IN YOUR HAND



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit

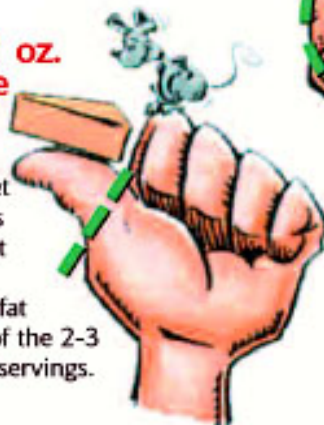


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.



Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.



Color Me Healthy...preschoolers moving and eating healthy

Five Easy Ways to Enjoy

More Mealtimes Together

ENRICHING FAMILY MEALTIMES

1

Surveys confirm that most parents and children enjoy family meals – and that most want to eat together more often. Get your family on the mealtime track by making a commitment to enjoy more meals together. Take a quick inventory of how many times you usually eat together now. Then use these five easy tips to enjoy more family mealtimes together:



Plan one more family mealtime in every week.

LOOK FOR EASY WAYS to add one more family meal to your weekly schedule. If evenings seem too hectic for a family dinner, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can then add another family meal each week – until, before you know it, you are enjoying eating together most days of the week.

Plan to enjoy tasty menus for family meals together.

IF YOU THINK putting a meal together has to be complicated or time-consuming, think again! The best meals are simple, delicious, and planned together. Let everyone choose a favorite menu. Even small children can pick a main dish (like pasta or tacos), a vegetable (green salad or cooked carrots), and fruit for dessert (sliced apples or a fruit salad).



Plan to set an appealing table for family meals.

FOOD IS JUST ONE IMPORTANT PART of mealtime. There are really easy ways to set the mood for a relaxed time around the table. A little extra attention to the actual table setting can add a lot to mealtime atmosphere (with very little expense). Here are a few everyday possibilities: a candle, colored napkins, and wipe-clean, plastic placemats for children.

Plan to enjoy conversation at the table.

THE CONVERSATIONS THAT FAMILIES HAVE while eating together offer many benefits. Children learn new words from adults – and adults are able to share their values with the next generation. Choose topics that are positive and allow everyone to talk. Even toddlers like to discuss topics like “what is your favorite color” or “what made you laugh today?”



Plan to enjoy distraction-free meals.

TVs, DVDs, MULTIPLE PHONE CALLS AND TEXT MESSAGING can distract anyone – making it difficult to eat or to carry on a conversation. The solution is simple: Declare mealtime an electronics-free zone (except for an emergency phone call, of course). Imagine that you are dining at a nice restaurant and play some soothing background music at low volume.

Get Your Calcium Rich Foods

A Tasty Delicious Day

By Jessie

Have you ever wanted a delicious but low-fat meal? Wake up and eat, then throw this lunch together to be nutritious for days. Now is your chance to come home from a busy day at school or work and sit down to a meat or vegetarian dinner. You will love the great flavors of my chicken cranberry and it's easy and simple to make. **ENJOY!**

Breakfast:

- 1 egg (not fried) but maybe scrambled in non-stick pan
- 1 piece of whole wheat bread toasted, add low sugar fruit preserves
- **1 cup of low-fat or nonfat milk**



Lunch:

- 1 8oz glass of water
- Vegetarian sandwich
 - 2 pieces of whole wheat bread
 - **1 ounce slice of cheddar cheese**
 - 1 handful of fresh spinach (or Romaine lettuce)
 - 2 slices of fresh tomato
 - Light mayonnaise and/or mustard

Dinner:

Cranberry Chicken:

- 1 crock pot or slow cooker
- 2 lbs of sliced or cubed chicken breast (or fake chicken if vegetarian)
- 1 16oz can of whole cranberry sauce
- 1 chopped granny smith apple
- 1/2 cup of orange juice
- 1 tsp of curry powder
- 2 Tbsp of balsamic vinegar
- 2 green onions diced

Steps: Throw everything in a crock pot. Cook on low for 6 to 8 hours.

Couscous

Make couscous according to directions on box to serve 1 cup per person.

To complete meal, serve with cooked broccoli and a pitcher of ice cold water with lemon wedges.

Snacks:

- 12 strawberries
- 1 peach
- **1 cup of low fat yogurt**



Get Your Calcium Rich Foods

1-800 Delicious Menu

By Gracie

Just can't wait to get to that first soccer game on Saturday? Here are some delicious meals designed for those days. Eat up the nutritious breakfast for fast and healthy energy! Try the taco salad in between your daily activities! And remember to have fun with the whole family preparing the extravagant dinner!

Breakfast:

- 1 cup of oatmeal with 2 Tbsp raisins and $\frac{1}{2}$ cup low fat or nonfat milk
- 1 slice whole grain toast with 1 teaspoon of peanut butter
- 1 cup of your favorite kind of low fat yogurt



Lunch: Taco Salad

Combine:

- 3 ounces of fresh iceberg lettuce or darker leaf lettuce for added nutrients
- 3 ounces of your favorite canned beans, rinsed and drained
- 1 ounce chopped green onions

Add any veggies that you like: try bell peppers, zucchini, shredded carrots, and cucumber. Top with 2 ounces of thinly sliced grilled chicken, $\frac{1}{4}$ cup shredded cheese, salsa or low fat salad dressing. Drink at least 8 oz. cold water.

Dinner: Baked Pasta

Preheat oven to 375 degrees; Bake for 30 minutes; Serves 6-8 people

You will need:

- 14 ounces of whole grain pasta (your favorite small shape)
- 15 ounces of nonfat ricotta cheese
- 24 ounces of marinara sauce
- 8 ounces low fat mozzarella cheese
- Optional: mushrooms, green pepper, black olives

Cook pasta according to package directions, drain.

Combine pasta with marinara sauce, ricotta cheese, and half of the mozzarella cheese.

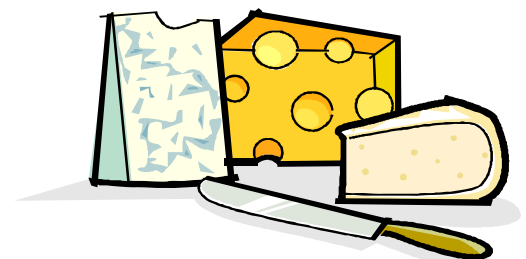
Put pasta mixture in medium casserole dish. Sprinkle on the remaining cheese. Bake.

Serve with 4 baby carrots for each person

Add fruit for dessert; serve ice water in large pitcher with lemon slices for beverage

Snacks:

- 1 apple, orange, banana, or pear
- 1 cup of milk - lowfat or nonfat milk
- 1 cup of celery



Exercise... Good or Bad?

Written by Addy



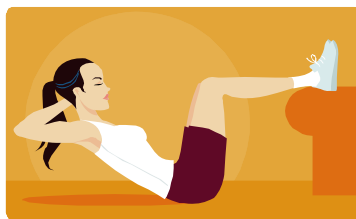
You have probably heard that you should get plenty of exercise, right? Well did you ever stop what you were doing to ponder what could happen if you got too much? Many people, like some athletes, over train. I agree that exercising harder and longer can help you improve at a particular skill but it can also be quite dangerous. More over exercising could mean more injuries.

Almost always people say that exercising is supposed to make your bones and muscles stronger and it can but did you know that it can also damage them? Bones and muscles are not the only things that over exercising can damage. It can usually damage joints, cartilage, ligaments, and tendons which are just as important as bones and muscles. By the way, older muscles do not recover as swiftly. Compulsive exercising is one thing that over exercising can lead to, and experts say that repeatedly exercising beyond requirements is a sign that you are compulsively exercising.

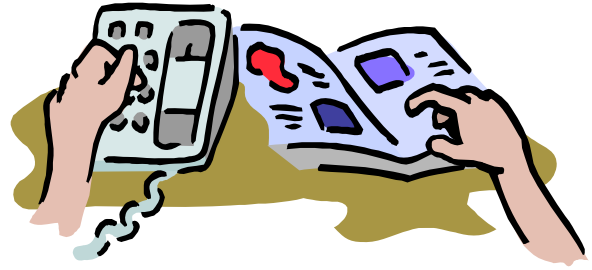
First of all, what is compulsive exercising? Compulsive exercising is when you no longer choose to exercise for pleasure or for your health. You do it because you mentally have to. It sort of takes over your body. If you seek professional help for recovery there is a high chance that you will recover because 80% of people who do make significant progress. I do agree that different amounts of exercise are needed for different body types.

Ok. So there are 3 different body types. There is the Endomorph who has high fat cells, a low metabolism and should probably do aerobic exercises. There is also the Mesomorph who is strong with an athletic body and low fat cells. They should most likely do power moves. Next are the Ectomorphs who are tall, thin, fast, and have small muscles and a low metabolism. Ectomorphs should probably do cardio exercises at a short duration but at a high intensity.

Now that you know a little more about exercise what will you do? Will you become a compulsive exerciser or will you exercise safely? It is good to exercise but if that is all you start to do you can lose your friends and/or you could get seriously injured. Don't let exercise take over your life. Just like laziness can take over, so can exercise.



The Focus on Advertisements: Can they lead to Bulimia?



By Riley

Yes! There are too many advertisements for diet pills, thin models, sports stars . . . pushing young people to be skinny! Yes! It may cause bulimia nervosa, a very harmful eating disease that causes people to binge and purge. The binge/purge cycle causes people to eat a large amount of food in a short period of time. This is done to fence off unpleasant feelings. Then, purging is when you forcibly make yourself vomit up the food you ate. It's an ongoing cycle that is repeatedly done and sometimes the victim doesn't know how to stop. Due to tooth decay caused by stomach acids, a dental professional may be the first to notice this disease.

It is completely necessary that the focus of ads for body image is changed!

Now that you know what bulimia is, I might as well give the details. Reluctantly, you eat the food on your plate to please your mother. You go upstairs and down goes your dinner as you flush away the shame and guilt. Before you do that listen up. Bulimia is not something you want to mess around with. It causes some not so great results. I mean, 1 of 250 girls gets it! On top of that, 1 in 10 of those girls dies from starvation or suicide. Most people with bulimia are girls. You could get a sore throat or even blood in vomit from tearing or rupturing of the throat. Eeeeeeeew! In case you're wondering why I keep using the word "girls", it's because 95% of people with bulimia are girls. It also causes fatigued muscles and the horrible blood disease, anemia. Who wants all that just so you can be skinny? Also you get anxiousness, low self esteem, shame and guilt. Well, now you probably want to know why people get this monster.

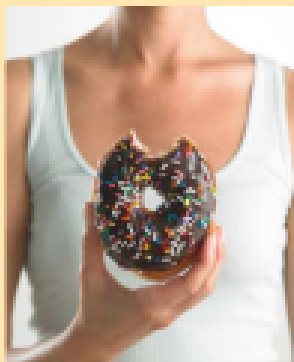
Britney Spears lost 50 pounds and looks great! With LA Weight Loss Program you're guaranteed to loose at least 20 pounds! Look like a high school cheerleader again with Nutri-System! Aaaaahhhh! All these ads are surrounding us saying the same things in different words: Be skinny be skinny be skinny! If parents show love through food then children may think that saying "no thanks, I'm not hungry" is saying "I don't love you or your cooking. Then the child will not know how to reject food and develop fear of getting overweight that can cause it too.

Most doctors say in order to get rid of this disease you must understand that this person might feel sort of like bulimia is a roller coaster that goes up and down but it's getting dark and he or she is not sure where it's going. They know it's not good but they think the roller coaster will keep them safe. The bulimic victim needs to know that this is not true. Also, they need to experience the feelings they're fencing off with food. This can be done by writing in a diary or just talking to someone. Eventually, this person needs to start expressing positive feelings about their inner and outer body and character. If you suspect someone is bulimic then get help immediately otherwise this could be fatal. Usually a counselor, registered dietitian, or support group (body image and eating disorder group) helps. Most of all they need to hear that they are not alone in this. Communication, companionship, and support will help to overcome bulimia.

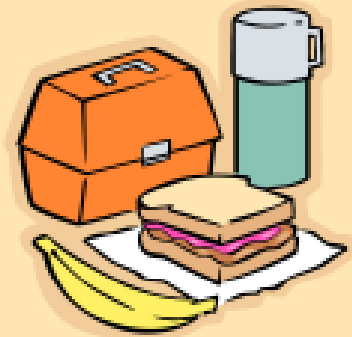
You Are What You Eat!

Does the media play a role in influencing our health choices?
Do health habits impact the quality of your life?
Do you have control over your health?

By: Maia



If you want to change your eating habits, why not? If you tell yourself you can do it, prove it! Go out there and make a difference! If you eat well, you live longer, so its your choice!



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